

## ABSTRACT

**[0023]** An athletic training device such as a volleyball blocking device includes a front foam layer intended to contact a volleyball and a rear foam layer disposed rearwardly of front foam layer to absorb some of the force transmitted to said front foam layer. An inner layer comprised of a relatively stiff material is disposed between the front foam layer and the rear form layer. A hand receiving portion is secured on or adjacent to the rear foam layer for receipt of a user's hand.

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